

Health Benefit Checklist



Verify Eligibility

Update your DEERS information to ensure you remain eligible for TRICARE.
Go to www.tricare.osd.mil/DEERS or visit your nearest ID Card facility for details.

Check Your Coverage

Contact your TRICARE Service Center at **INSERT # HERE**
to ensure you're properly enrolled in TRICARE. Families should consider enrolling in the TRICARE Dental Program (www.tricare dentalprogram.com)

Know How to Get Care

Military Appointment Line: **INSERT # HERE**

On-Base Emergency: **INSERT # HERE**

Off-Base Emergency: **INSERT # HERE**

Nearest Emergency Room:

INSERT FACILITY NAME HERE
INSERT ADDRESS/LOCATION INFO HERE
INSERT ADDRESS/LOCATION INFO HERE
INSERT # HERE

Find Help When You Need It

Call your TRICARE Service Center first at **INSERT # HERE**
when you have questions about your medical benefits.

For non-emergency medical advice, call the TRICARE Nurse Advice Line for toll-free, 24/7 access to a registered nurse. **INSERT # HERE**

For general TRICARE information, go to www.europe.tricare.osd.mil